



HIGHLIGHTS OF UPCOMING EVENTS

- ▶ October is Fire Prevention Month, Meet the Fire Chief, Wednesday, October 4, p. 6
- ▶ Free Hearing Clinic. Call the COA to book an appointment, Wednesday, October 4, p. 4
- ▶ Discussions with Denise, Wednesday, October 4, p. 6
- ▶ Lunch & Tour, Christopher Heights, October 11, p. 6
- ▶ Fall Foliage Tour, Mount Wachusett State Reservation, October 12, p. 6
- ▶ Are you a Stow Veteran? All ages are welcome at the Veterans Social, Tuesday, October 17, p. 3 & 5
- ▶ Welcome Fall Social, October 18, p. 6
- ▶ Rock Painting, October 19, p. 7
- ▶ Breakfast Club, October 20, p. 7
- ▶ Safe and Secure Talk, October 24, p. 7
- ▶ Interested in Genealogy? Tuesday, October 24, p. 7
- ▶ Flagg Hill Conservation Walk, October 26, p. 7
- ▶ Monthly Movie Matinee: 12 Mighty Orphans, October 26, p. 7
- ▶ Lunch Bunch: Pickity Place, October 30, p. 7
- ▶ Guest Interview Lew Halprin, p. 8
- ▶ Recipe of the Month: Greek Style Lentil Soup, p. 10
- ▶ Have lunch with friends for only \$2. Minuteman Senior Services Meal site. Tues. & Thurs., p. 11
- ▶ Shop Local! Unique handmade items. Visit our Gift Shop, all proceeds benefit Stow seniors, p. 15-16

**COA Offices will be closed Monday, October 9th,
for the Columbus Day/Indigenous Peoples Day Holiday!**

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STOW COUNCIL ON AGING

Pompositticut Community Center • 509 Great Rd. Stow, MA 01775

Hours: Monday – Friday 8 am – 3:30 pm

E-mail: coa@stow-ma.gov

Tel. # 978-897-1880

Website: www.stow-ma.gov

Fax # 978-897-0486

Council on Aging Staff

Alyson Toole, Executive Director
 Kathleen Surdan, Outreach Coordinator
 Margaret Decker, Outreach Worker
 Gigi Lengieza, Transportation/Volunteer Coordinator and Office Manager
 Martha Shea, Administrative Assistant
 Penny Sweeney, Administrative Assistant
 Dave Ashman, Senior Van Driver/Dispatcher/Coordinator
 Chris Schuch, PT Van Driver
 Newton Taylor, On call Van Driver
 Bob Kitchen, On call Van Driver

COA BOARD MEMBERS

Jeanne Genereux, Chair
 William Byron, Vice-Chair
 Ruth Delmonico, Secretary
 Charlie Aaronson, Member
 Al Arthur, Member
 George Nisotel, Member
 Kathy O'Brien, Member
 Brian Burke, Associate
 Rep. Kate Hogan, Associate
 June Thall, Associate

COA Board Meets Monthly
(2nd Thursday at 10 am at Pompo)

Mission Statement

The Town of Stow Council on Aging is here to provide support to those age 60 and older by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.

SUGGESTIONS WELCOME!

There is a suggestion box in the lobby of the Pompositticut Community Center. Or email Gigi at COAAdminAsst@Stow-MA.gov

BECOME A COA VOLUNTEER!

Do you have some time to spare? Volunteers are needed in many different areas. Contact Gigi, Volunteer Coordinator, at COAAdminAsst@Stow-MA.gov.

VOLUNTEER



Transportation Services

Our complete Transportation Policy is available on our website. **All transportation reservations must be made by calling the COA between 8 am and NOON Monday through Friday (excluding holidays).**

FOR COA VAN RIDES

- Requests must be made no later than 12 pm the business day before.
- Pick-ups start at 8:30 am, with the last ride no later than 2:30 pm weekdays.
- Our service area (originating or departing from Stow) is Acton, Bolton, Boxboro, Harvard, Hudson, and Maynard. Transportation for medical appointments is provided to Concord, Marlboro and Sudbury.
- Fares: Stow: \$2; Out-of-Stow: \$3; Meal site, Food Pantry, COA Office: free.

FOR OTHER TRANSPORTATION RIDES

- *Volunteer drivers* may be used for **medical appointments** outside of service area/business hours. **Advanced notice of one week minimum required!**
- “Go Stow” grant program rides are available for eligible residents to **medical appointments** outside of service area/business hours. Some restrictions apply. **Reservations must be made 48 hours in advance.**



2023-24 FUEL ASSISTANCE

If you had SMOG Fuel Assistance last year, you should have received a recertification in the mail recently. Please fill it out and send it back as soon as possible. If you need assistance completing the recertification application or are a new applicant, please make an appointment with Outreach.

OUTREACH

Information and referrals, home care options, advocacy, food resources, fuel assistance, technology support, and much more! Call the COA at (978) 897-1880 and ask to speak with Outreach staff to book your appointment.

DONATIONS

As a service to our senior residents, the COA accepts donations such as clothing, durable medical equipment, books, gently used items and more. Arrangements must be made by calling the COA before bringing the items. Donations should be in good useable condition and if possible, sorted by like items. Please contact Gigi at coaadminasst@stow-ma.gov or see our website for more information.

DURABLE MEDICAL EQUIPMENT

We have a variety of gently used equipment available to **Stow residents** on a first come, first served basis. Our inventory varies, but typically includes walkers, canes, wheelchairs, shower chairs and commodes. To borrow items (**for short-term use only**), please call the COA at (978-897-1880) to make arrangements.

LENDING LIBRARY

The COA has a small library of books, movies and puzzles available to loan. We also have a library of recorded select COA's talks and events taped by Stow TV that can be borrowed. Stop in or contact Outreach if you need assistance.

NOTARY

Stow seniors only. Please call the COA to arrange an appointment.

TECHNOLOGY

Is new technology driving you crazy? Want some help? The COA is here for you! Call the COA so we can connect you with a technology volunteer. We also offer in-person assistance by appointment every Tuesday morning.

CEMETERY & BURIAL CONCERNS?

Robb "GH" Gledhill, Cemetery Supervisor, is available to answer your cemetery and burial questions every third Wednesday of the month (October 18). Call the COA to book a private half-hour consultation. Appointments start at 10 am.

COMMUNITY SERVICES COORDINATOR

Brian O'Sullivan, LICSW, is available to provide information and make referrals to various programs and agencies for residents of all ages. Call 978-897-2638 or email townsocialworker@stow-ma.gov.

VETERANS' AGENT

Joe Jacobs is at Pompositticut Community Center every Tues. 9-11. Call him at 978-290-0278 or email veteransofficer@Stow-MA.gov. You can also meet Joe in a group setting at the Veterans Social on the 3rd Tues. of every month at 10 am.

MISSED A TALK OR AN EVENT?

We have a library of DVDs of some of COA's talks and events that Stow TV taped for us. If you missed it here live at the COA, or missed it on Stow TV, you can borrow the DVD and watch it at home.



**HEARING CLINIC – Wednesday, Oct. 4th, 9:30 – 11:30 am**

Michael Drennan, Board Certified specialist from Roger's Hearing Solutions provides hearing evaluations by appointment. Call the COA at 978-897-1880.

STOW FLU CLINIC AT POMPO COMMUNITY CENTER**Saturday, October 14, 10 am – 12 Noon**

The Nashoba Associated Boards of Health has announced the 2023 flu clinic schedule. Pre-registration is required. For more information pre-registration and other Flu Clinic dates go to: <https://www.nashoba.org/calendar>.

NO BLOOD PRESSURE CLINIC IN OCTOBER**NEXT CLINIC: Wednesday, November 1st, 10 am – 12 pm**

A nurse from Nashoba Associated Boards of Health will be available by appointment to take your blood pressure and answer questions. Call the COA.

TOWN NURSE

Tamara Bedard, RN from Nashoba Associated Boards of Health is available Monday through Friday 8:30-4:30 by phone at 978-772-3335 X340.

ANNUAL MEDICARE OPEN ENROLLMENT IS HERE!

This is the perfect time for a health insurance check up to compare coverage, costs, and benefits. This is your opportunity to be sure you're enrolled in the right Medicare supplement, Prescription Drug plan or Medicare Advantage Plan. A SHINE counselor from Minuteman Senior Services is available by appointment to provide you with a no cost, confidential insurance assessment. To book your appointment call the COA 978-897-1880 or Minuteman Senior Services, SHINE at 781-221-7029. Please bring along your Medicare card, supplement insurance card, MyMedicare login, and list of medications/dosages to your appointment. If you haven't created a MyMedicare account you can visit www.Medicare.gov or create one with SHINE.

MONTHLY SHINE QUESTION

By: Michael Matatia, SHINE Counselor

Question: I hear an open enrollment period is coming up. What are the dates and what can I change?

Answer: Medicare Open Enrollment is the time of year when you can make changes to your Medicare coverage. This year it runs from October 15 to December 7, 2023. During this time, you can:

- Join, drop, or switch to another Medicare Advantage Plan (or add or drop drug coverage).
- Switch from Original Medicare to a Medicare Advantage Plan
- Join a Medicare drug plan if you're in Original Medicare
- Switch from one Medicare drug plan to another if you're in Original Medicare

Changes during the open enrollment period will take effect January 1, 2024. You can also make changes to your Medicare coverage outside of Open Enrollment if you have a qualifying event, such as moving to a new area or getting married.

Here are some resources to help you prepare for Medicare Open Enrollment:

Medicare.gov: <https://www.medicare.gov/> or call 1-800-MEDICARE

Medicare Rights Center: <https://www.medicarights.org/>

National Council on Aging: <https://www.ncoa.org/>

GUIDELINES FOR COA ACTIVITIES

- ▶ Pre-registration required. No drop-ins. Attendance is limited.
- ▶ Sign-up for the events below starting on the 15th of the month for the following month online at <https://myactivecenter.com>, in person or by calling the COA at (978) 897-1880..
- ▶ All activities with a fee must be paid for in advance.
- ▶ Stow residents only for in-person classes. Non-Stow residents virtual if space.



GAMES

If you want to play at another time, call to make arrangements.

NEW Bridge - Mondays, 1 pm

Poker Games - Tuesdays, 1 pm

Chess - Wednesdays, 1 pm

Scrabble - Thursdays, 10:30 am

Pool/Billiards - Thursdays, 1 pm

Mahjong - Fridays, 1 pm

EXERCISE

Qi Gong: **In Person & Via Zoom!** FREE. Instructor: Carolyn McDonald.
Mondays 8:50 am.

Senior Fitness: **In-Person only!** CLASS FEE: \$3, Instructor: Terri Zaborowski.
Mon., Wed., Fri., 10 am. **No Class on 10/6**

Stretch & Flex: **In-Person only!** CLASS FEE: \$3, Instructor Terri Zaborowski.
Mon., Wed., Fri., 11:15 am. **No Class on 10/6**

Yoga: **In Person & Via Zoom!** CLASS FEE: \$3, Instructor: Terry Kessel
Myers Coney. Fri. 9 am.

CREATIVITY

Art (Open Studio): Mondays, 9:30 - 12 Noon. Want to create in a supportive fun environment? Bring your medium of choice to paint, sketch, charcoal, pastel.

Knitting and more: Mondays, 1 - 3 pm, Knitters, needle pointers, crocheters, embroiderers are welcome.

Quilting: Tuesdays, 9 - 12 Noon. All levels welcome.

Projects For Purpose: Wednesdays, 9 - 12 Noon. Love to sew?
Contact Rita at 617-880-9545 for more information.

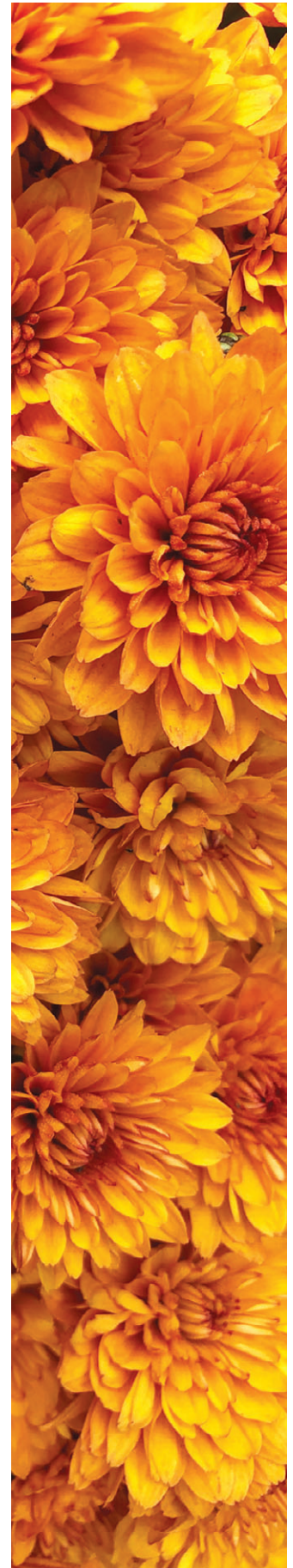
Creators Collaborative: **NEW** Thursdays, 10 - 12 Noon. Come! Collaborate! Create!
See page 15 for more information.

RECURRING GROUPS

Men's Discussion Group - 1st Thursday of the month at 10 am.

Veterans Social - 3rd Tuesday of the month at 10 am.

Genealogy - 4th Tuesday of the month at 1 pm.



EVENTS/TRIPS POLICY

Sign up opens the 1st of every month! If you plan to attend an event at the COA, you must:

- Pre-register at <https://myactivecenter.com/>, in-person or call (978) 897-1880 by the deadline.
- If you need a ride from your home to the COA, you must book it at least 24 hrs. in advance!
- If there is a cost, payment must be made within 48 hours of registering for the event but no later than the deadline.
- We must have a minimum of 5 (five) attendees for an event and 7 (seven) paid attendees for a field trip, or the event will be cancelled.
- If you cancel, your money will NOT be returned unless we can fill your seat.
- If you are paying by check, please make checks payable to: SFCOA.
- For trips we meet at the Pompositticut Community Center. Please park in the row closest to Rt.117.
- Stow residents only.
- Don't forget to bring your File of Life.

DISCUSSIONS WITH DENISE

Day & Time: Wednesday, October 4, 9:30 – 11 am

Denise Dembkoski, Town Administrator, will be available to answer questions and listen to your comments/suggestions. Stop by for an open discussion (9:30 - 11 am) or to speak with her privately (10-minute appointments scheduled between 11-11:30 am).



MEET THE FIRE CHIEF

John Paul Benoit

Day & Time: Wednesday, October 4, 9:30 - 11 am
October is Fire Prevention Awareness Month!

The purpose is to raise fire safety awareness and help protect homes and families. This is a perfect time to meet Stow's Fire Chief! Find out what the Stow Fire Dept has to offer you. Please stop by and say hi!

LUNCH AND TOUR

Christopher Heights, Marlborough

Day & Time: Wed., October 11, 11:15 am

Cost: FREE **Sign up by:** 10/6 **Limit:** 10

Come check out this assisted living residence whose mission statement is to help residents maintain their independence by providing quality supportive services in a dignified living environment. They do this by promoting wellness and individuality in a home-like setting while giving residents choices to suit their lifestyle.



FALL FOLIAGE TOUR

Mount Wachusett State Reservation

Day & Time: Thursday, October 12, 10:15 am

Cost: \$4 **Sign up by:** 10/10 **Limit:** 14

Join us as we go to the top of Wachusett Mountain at the State Reservation. Stop in the Visitor's Center and learn about the area and then enjoy a talk about the history of the mountain and the reservation. Ride up to the top of the mountain to enjoy views of New Hampshire, Vermont, and Boston. Please bring your lunch.

CEMETERY & BURIAL CONCERNS?

Day & Time: Wednesday, October 18, 10 am

Cost: FREE **Sign up by:** 10/17

Robb "GH" Gledhill, Cemetery Supervisor, is available to answer your cemetery and burial concerns. Book a private half-hour consultation.

WELCOME FALL SOCIAL

Day & Time: Wednesday, October 18, 1 pm

Cost: FREE **Sign up by:** 10/16 **Limit:** 24

Come and enjoy the delights of Fall in New England. Join in sharing apple and pumpkin treats and sweets. There will be fall-themed puzzles, activities, and door prizes.

ROCK PAINTING

Day & Time: Thursday, October 19, 1 pm
Cost: FREE **Sign up by:** 10/17 **Limit:** 8



Come learn how to make exciting dot designs on rocks using simple tools you can find around the house! If you can hold a pencil, have a steady hand, and can follow simple instructions, you can do this. All supplies will be provided. Bring a small container to put your rock in to take home in case the paint is not dry.

BREAKFAST CLUB

Cracker Barrel, Tewksbury

Day & Time: Friday, October 20, 9 am
Cost: \$4 **Sign up by:** 10/16 **Limit:** 12

We will be enjoying breakfast at the restaurant known for comfort food served any time of the day. There will also be time to visit the Old Country Store which features unique gifts and food items.

SAFE AND SECURE TALK

Day & Time: Tuesday, October 24, 10 am
Cost: FREE **Sign up by:** 10/20 **Limit:** 20



Sponsored by the Center for Cyber Safety and Education, this presentation is aimed at empowering senior citizens to incorporate safe computing habits into their lives to enjoy the internet safely while connecting with family and friends in the new digital age. Topics will include safe passwords, online banking and shopping, identity theft, computer protection, and internet scams.

GENEALOGY

Day & Time: Tuesday, October 24, 1 pm
Cost: FREE **Sign up by:** 10/19 **Limit:** 15

Some of the large genealogy websites have expensive membership fees. Learn how you can create free guest memberships and what is available through them. We will look at Ancestry, American Ancestors, MyHeritage, and Findmypast.

FLAGG HILL CONSERVATION WALK

Day & Time: Thursday, October 26, 10 am
Cost: FREE **Sign up by:** 10/24 **Limit:** 20

Conservation Director Kathy Sferra will meet us at the Flagg Hill Garage on West Acton Road and be our guide. The walk will be 2-3 miles and include a good uphill aerobic workout!

MONTHLY MOVIE MATINEE

"12 Mighty Orphans"

Day & Time: Thursday, October 26, 1 pm
Cost: Free **Sign up by:** 10/24 **Limit:** 20

This film tells the true story of the Mighty Mites football team of a Fort Worth orphanage who, during the Great Depression, went from playing without shoes – or even a football – to playing for the Texas state championship.



LUNCH BUNCH

Pickity Place, Mason, NH

Day & Time: Monday, October 30, 9:45 am
Cost: \$50 (meal, gratuity, and transportation)
Sign up by: 10/13 **Limit:** 14

Come join us to view fall colors on our annual Lunch Bunch trip to Pickity Place. The cost includes a 5-course prix fixe meal featuring either Braised Beef or a Vegetable Strudel entrée. After your meal take some time to tour the grounds. See the model for the illustrations of the 1948 Little Red Riding Hood books. Enjoy their gardens and gift shop as well.

LOOKING FOR IDEAS!

Is there some place you'd like to go? Don't see it offered as a COA field trip? Tell the Outreach staff.



THIS MONTH'S GUEST INTERVIEW: **Lew Halprin**

What did you do when working?

For most of my professional life, I was a self-employed contractor developing computer software for the growing computer industry in New England. While doing work in the area, I considered living where most of my work was happening. I was told about Lake Boon in the middle of Middlesex County, checked it out, and found the lake area both attractive and affordable. I decided to purchase one of the cottages as a 'summer home'.

How long have you lived here in Stow?

I've been living in my "cottage" now for about 70 years. When I first bought it, it was fully furnished including furniture, dishes, sheets, silverware, etc. When Judy, my wife of 44 years, decided to move into the cottage full time, she described the decor as "old attic." She has since changed its decor and contents completely, for the better. The house itself is over 100 years old. We have a postcard of the house taken from the lake and postmarked 1903. Its official date is unknown.

Tell me about your career.

I'm an electrical engineer from the University of Pittsburgh. Upon graduation, I took a job offered by the Army's Fort Monmouth Electronics Development Labs in New Jersey. They were working on the development of small computers for use on a battlefield. I was assigned to write demonstration software for five small (desk-size) computers the Army just purchased for this purpose. Unfortunately, I knew practically nothing about how to use these computers. So off I was sent to a special trade school (in Austin) to learn to use and repair those computers, then to a typewriter school (in Detroit) to learn to use and repair digital typewriters, and finally to another school (in Hollywood) to learn how to write software for these "small" computers. Then I returned to "home" to write those demonstrations. The expected visitors to the demonstrations were multi-star generals with not much time to watch, so the demonstrations were for those which they were already familiar with, games such as Blackjack, Poker, and a unique game that lets the General aim and shoot artillery shells to sink a ship at sea. After five years of working at the Army labs, I resigned and became a computer software consultant working on software projects all over the US and Canada. I decided to leave the software development business when "Microsoft" was formed, grew rapidly, and soon dominated the software industry, especially for small computers. I quickly invested in Microsoft stock and turned to other kinds of projects for myself.

I heard you did a lot of volunteering.

When I moved to Stow, I got involved with local politics. I was on the Cultural Council Committee as their treasurer, and then the Stow Historical Commission as their treasurer. I got involved with the creation and operation of Stow TV. I was the initial chairman of a group of five Stow volunteers who worked on the restoration of the Town Hall (repainting, ramps for the disabled, improved lighting, etc.) I also joined the Stow Lions and recorded many video tapes of their talks and events.

When did you retire?

When you're self-employed, I don't know how you can tell when you are retired! I was doing lots of things. Eventually, I narrowed my main efforts to the "Stow Independent" newspaper where I wrote the column "Past Tense" every week.

Do you and Judy have kids and grandkids?

Our kids were all grown up when we came to Lake Boon. This is an attractive place for our kids and grandkids to come and play in the lake and invite their friends to join them. Our kids and grandkids are scattered all over the country now. By the lake, we have a post with grandchildren's names and pointers to their current locations and distances!

Any last thoughts?

Over the years I have collected many technical antiques and spread them around the house. This collection includes previous generations of telephones, typewriters, computers, TVs and much more. It's nice to see what our parents and their parents had to work with. But this collection has the typical problem of someone who may have to move to a smaller space, nobody wants them! I would gladly donate them.

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Gift Shop and More Pop Up 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Knitting and More 1:00 Bridge	3 8:00 Technology Assistance 9:00 Quilting 9:30 Rock Steady Boxing 10:00 SFCOA Board Meeting 12:00 Meal Site 1:00 Poker	4 9:00 Projects for Purpose 9:30 Discussions with Denise 9:30 Hearing Clinic 9:30 Meet the Department Head 10:00 NO Blood Pressure Clinic 10:00 Senior Fitness 11:15 Stretch & Flex	5 9:30 Rock Steady Boxing 10:00 Men's Discussion Group 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Paper Collage	6 8:50 Yoga 10:00 NO Senior Fitness 11:15 NO Stretch & Flex 1:00 Mahjong
9 CLOSED in observance of Columbus Day/ Indigenous Peoples Day	10 8:00 Technology Assistance 9:00 Quilting 9:30 Rock Steady Boxing 12:00 Meal Site 1:00 Poker	11 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex 11:15 Lunch & Tour	12 9:30 Rock Steady Boxing 10:00 Board Meeting 10:00 SFCOA Creators Collaborative 10:15 Fall Foliage Tour Mount Wachusett 10:30 Scrabble 12:00 Meal Site	13 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
16 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Knitting and More 1:00 Bridge	17 8:00 Technology Assistance 9:00 Quilting 10:00 Veterans Social 12:00 Meal Site 1:00 Poker	18 9:00 Projects for Purpose 10:00 Cemetery & Burial Concerns 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Welcome Fall Social	19 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Rock Painting	20 8:50 Yoga 9:00 The Breakfast Club 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
23 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Knitting and More 1:00 Bridge	24 8:00 Technology Assistance 9:00 Quilting 10:00 Safe and Secure 12:00 Meal Site 1:00 Genealogy 1:00 Poker	25 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex	26 10:00 Conservation Walk 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Monthly Movie	27 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
30 8:50 Qi Gong 9:30 Open Art 9:45 Lunch Bunch 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Knitting and More 1:00 Bridge	31 8:00 Technology Assistance 9:00 Quilting 12:00 Meal Site 1:00 Poker			

COA FREE FOOD PROGRAM FOR STOW RESIDENTS

Stow residents must call the COA at (978) 897-1880 between **9 - 10 am** Monday through Friday to schedule same day appointments between **10:10 - 10:50 am**. **Only 1 BAG PER PERSON** during appointment times. No appointments necessary from **11 am - 3:30 pm**. Don't come late on Fridays as all perishables are packed up and given away by 3 pm. Note: The COA Food Program will be opening at 12 noon on Friday, October 20.

NEED HELP? THE STOW FOOD PANTRY IS HERE FOR YOU!

The next Stow Food Pantry is on Saturday, October 14, Sunday, October 15, and Friday, October 20 from 9 am - 12 pm, by appointment only. *No referrals required. No financial questions asked.* If you are unable to make it to the Pantry, please contact them and they can work something out. If you need help, please call 978-897-4230 or email: stowfoodp@gmail.com.

ACTION FOOD PANTRY

The Acton Food Pantry serves Stow and is open 3 weeks/month. They are located at 235 Summer Road, #205, Boxborough, Phone: (978) 635-9295.

OPEN TABLE, Maynard

Need food assistance? Open Table in Maynard offers drive-thru pantry service. To find out more about its current services, visit www.opentable.org or call (978) 369-2275.

GUEST TABLE COMMUNITY SUPPER AT FIRST PARISH CHURCH

Offered on Friday, October 13 (the second Friday of each month) from 5 - 6:30 pm. All are welcome. There's no charge for dinner, but donations are gratefully accepted, and volunteers are greatly appreciated. Dinners will be nut free, with vegetarian, gluten-free, and dairy-free options available. Doors open at 5 pm and dinner is served at 5:30 pm.

RECIPE OF THE MONTH: Greek Style Lentil Soup

Ingredients:

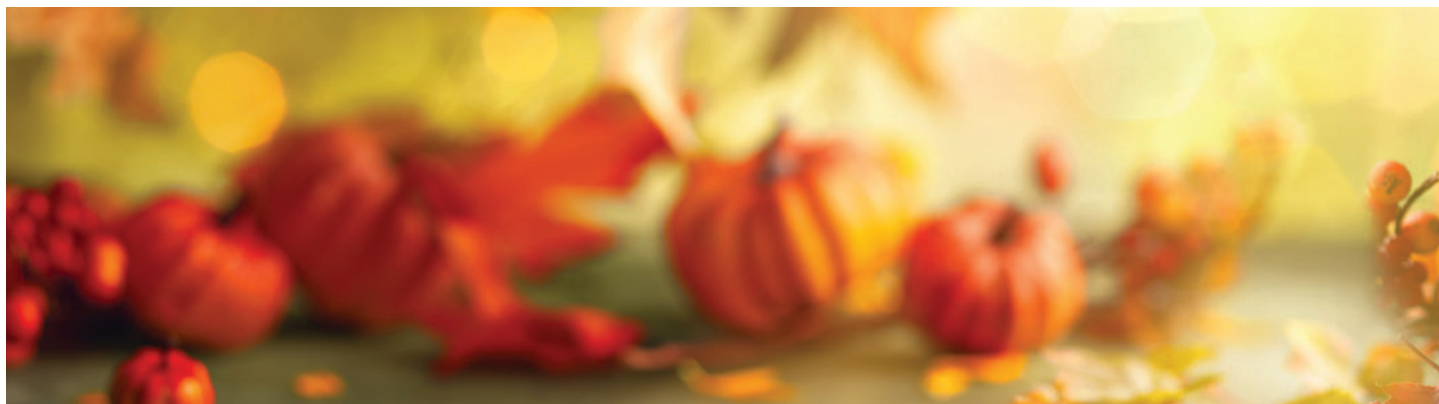
4 cups water	1 cup chopped fresh spinach
4 cups vegetable broth	½ cup tomato sauce
2 cups dried lentils, rinsed	1 can (2 ½ oz.) sliced ripe olives (optional)
2 medium carrots, chopped	3 Tbsp. red wine vinegar
1 small onion, chopped	2 garlic cloves, minced
1 celery rib, chopped	½ tsp. salt
1 tsp. dried oregano, divided	¼ tsp. pepper



Instructions:

Place water, broth, lentils, carrots, onion, celery and ½ tsp. oregano into a 5 or 6 quart slow cooker. Cook, covered, on low heat until lentils are tender, 4 to 5 hours. Check after 4 hours. Stir in spinach, tomato sauce, olives, vinegar, garlic, salt, pepper remaining ½ tsp. oregano. Cook, covered, on low until spinach is wilted, about 1 hour longer. Makes 6 two cup servings.

****You can add cooked meat of your choice if desired. If adding meat, you might also want to use chicken or beef broth instead of vegetable.**



MINUTEMAN SENIOR SERVICES MEAL SITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Come join your neighbors for lunch and socialization on Tuesdays and Thursdays at 12:00 pm at the COA (Pompositticut Community Center, 509 Great Road, Stow). **Please call 781-221-7048 to order your meal.** Your order must be made by 12 pm on Thursday for Tuesday's lunch and 12 pm on Tuesday for Thursday's lunch. The suggested donation is \$2 for a complete meal. Need a ride? Call the COA by noon the day before to book your ride to/from the meal site. (There is no charge.) Don't have time to stay? Order a "Grab & Go" meal.

MEALS ON WHEELS

Are you unable to drive & cook or have you had a recent health setback? You may be eligible for home-delivered meals. Call Minuteman Senior Services (888-222-6171) to set it up.

Tuesday Menu

Oct 3

Stuffed Shells, Cauliflower
Garlic Roll, Applesauce

Oct 10

Pot Roast with Gravy Mashed
Potatoes, Roasted Root
Vegetables, Dinner Roll
Mixed Fruit

Oct 17

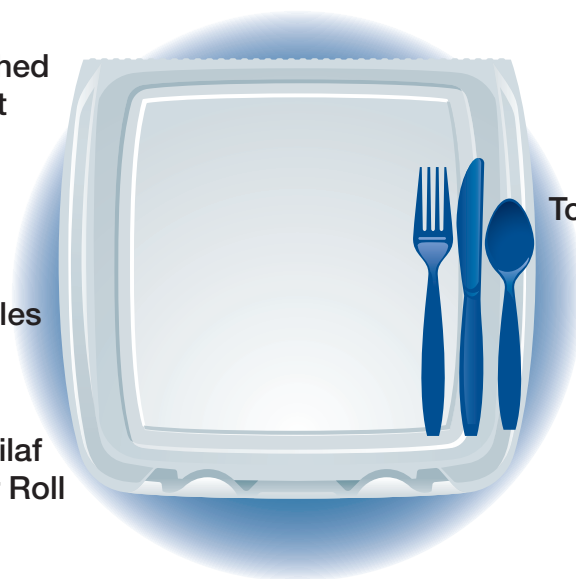
Chicken Meatball Sub
Tater Tots, Mixed Vegetables
Mandarins

OCT 24

Lemon Garlic Cod, Rice Pilaf
Beets, Whole Wheat Dinner Roll
Mandarins

OCT 31

Shepherd's Pie
Biscuit
Pudding



Thursday menu

Oct 5

Pork Teriyaki over Vegetable Lo Mein
Veggie Blend, Oat Bread
Pineapple

Oct 12

Chicken Salad on
Multi Grain Bread
Pesto Pasta Salad
Tomato Cucumber Salad
Ambrosia

Oct 19

Beef Stroganoff over
Egg Noodles
Brussels Sprouts
Whole Wheat Bread
Cake

Oct 26 Special

Butternut Squash Ravioli
with Sausage, Broccoli Rabe
Garlic Roll, Cookie



RANDALL LIBRARY FRIENDS NEWS

The Randall Library Friends are hosting a reading of Herman Melville's classic, "Moby-Dick, or The Whale," on Saturday, October 28, 2023, at the old Stow Town Hall. We welcome you to help us read selections from this classic book aloud. Sign up on the Friends website or link directly to the form:

<https://www.signupgenius.com/go/10c0e4fa8a92aa4f8c07-mobydick#/>

This event is free and open to the public and all are encouraged to join the audience to listen. The event will run from 8:45 am to 6:00 pm, with the readings starting at 9:00 am. Water and coffee will be provided.

There will be a lunch break (please bring your own food) and a short afternoon break.

NEWS FROM THE CONSERVATION DEPARTMENT

What's Next for Stow Acres?

Several opportunities are coming up this fall to learn more about the land recently acquired by the Town at the Stow Acres North Course and voice your opinions on what kind of future activities you would like to see there.

Public Forum – The Town will be holding a Stow Acres Public Forum on October 18th at 7 pm. Details of the meeting are still being finalized but information will be posted on the town website closer to the date.

Fall Festival at Stow Acres – Join the Conservation Commission, Recreation Commission and Stow Acres project partner organizations on Sunday October 29th from 1-4 pm at the Stow Acres North Course for a family-friendly community festival that will feature informational tables, crafts, walks, golf cart tours, food, and games. Halloween costumes welcome. The course will be closed for the event and parking will be available at 58 Randall Road.

STOW POLICE NEWS - SCAM ALERT

From Stow Police Sgt. Cassie Scott

Don't Let Scams Scare You This Halloween! This Halloween season, the trick-or-treaters won't be the only ones dressed up pretending to be someone else. Scammers often wear the most convincing disguises, sometimes pretending to be the company you use. **Phishing** is a type of online scam that targets consumers by sending them an e-mail, text message, or pop-up that appears to be from a well-known source – an internet service provider, a bank, shopping website, or a social media site, for example. This communication can even have the company's logo or header to make it seem legitimate. The e-mail, text message, or pop-up asks the consumer to provide identifying information, usually to "confirm" account numbers or usernames to solve some made up issue. Then a scammer uses the information to open new accounts or invade the consumer's existing accounts.

What to do if you suspect a phishing scam:

If you get an email, text message, or pop-up that asks you to click on a link or open an attachment answer this question: *Do I have an account with the company, or do you know the person that contacted me?*

If the answer is "no", it could be a phishing scam. Delete the message!

If the answer is "yes", contact the company using a phone number or their official website that you know is real. Do not use the information in the email, text, or pop-up. Attachments and links can install harmful malware on your computer. If you believe you are a victim of a scam, please contact the Stow Police Department.

LOCAL FARMERS MARKET

Pick up fresh fruit, vegetables, flowers, breads, meats, honey and more. All accept SNAP benefits and/or Farmers' Market Nutrition Program coupons for Seniors. For more info go to: <http://www.abfarmersmarket.org/>.

Acton-Boxborough Farmers' Market - Elm St. Playground, 19 Elm St., Sundays 10 am - 1 pm, until Oct. 15th

OCTOBER EVENTS AT FIRST PARISH CHURCH

Senior Concerns Seminar Series

Free seminars for people approaching or in retirement. Boost your knowledge of local resources and increase your confidence for making many of the major decisions involved with enjoying life and thriving in retirement. All seminars start at 1 pm in FPC's Fellowship Hall at 353 Great Road, Stow, MA.

October 1, 1-3 pm: Medicare and Social Security Programs - How to thread the sometimes complex world of options and impacts to our health and financial security. A representative from SHINE (Serving the Health Insurance Needs of Everyone) and Minuteman Senior Services will discuss Medicare and Social Security issues in Massachusetts, including showing the 4 parts of Medicare (A, B, C, and D), Medigap plan options, and which ones are right for us, as well as showing us how to use the Planfinder online tool for finding the best plans for our needs. Includes helpful information for first-time Medicare enrollment and selecting new options during subsequent annual open enrollment periods.

October 8, 1-3 pm: Senior Living Options in the Metrowest Area - Please join us to learn about Senior Living Communities in the MetroWest area. Representatives from several local Senior Living communities will be present, including New Horizons in Marlboro, Camellia Gardens in Maynard, Artisan in Hudson, and others. They will provide a brief overview of their communities.

October 15, 1-3 pm: Local Services Available to Seniors - Janice Long, Hudson Senior Center Director, will discuss topics ranging from free senior transportation to assistance with health care and health insurance issues to field trips and other entertainment options. Janice will include information on the free help that is available for navigating Medicare plus information on health and wellness programs, nutrition programs, meals, caregiver support, outreach and referral services, adult daycare, and social events.

BOOK SALE - Saturday, Oct. 7, 9 am - 12 pm, First Parish Church

APPLE PIE SALE - Saturdays and Sundays, through October 15, 10 am - 1 pm

Apples for the pies have been generously donated by Shelburne Farm of Stow..

“PRIDE WAS A RIOT” Saturday, October 21, 11 am - 1 pm

Please join us to celebrate LGBTQIA+ History Month with lunch and a presentation at the Town Center, 2nd floor Flint Room, 12 Mudge Way, Bedford, MA. RSVP by 10/13 at 781-275-6825 or coa@bedfordma.gov.

NASHOBA SYMPHONIC BAND FALL CONCERT

Sunday, October 29th, 3 pm

The Nashoba Symphonic Band, under the direction of David Bailey will present its Fall concert “Vive la France” including *Scenes from “The Louvre”* by Norman Dello Joio, Johann de Meij's setting of Ravel's *Pavane Pour Infante Defunte*, and the glittering *Paris Sketches* by Martin Ellerby, as well as music by Paul Dukas and Louis Ganne, and perhaps a Can-Can. The concert will take place at Nashoba Regional High School, route 117 in Bolton MA, about a mile west of town center. Admission is free! Nashoba Symphonic Band is a program of the Nashoba Regional High School Friends of Music and supported in part by grants from Ashby, Bolton, Leominster, Lancaster, Lunenburg, and Stow Cultural Councils, agencies supported by the MA Cultural Council, a state agency.

SAVE THE DATE

On November 11, 2023, at Stow Community Center, The Rotary Club of Nashoba Valley, in conjunction with the Stow Fire Department, will be hosting an in-person, sit-down breakfast (provided by Pleasant Cafe of Maynard) to honor our Stow Veterans. Additional information will be posted on the Town of Stow Veterans website as it becomes available. Contact Catherine Hammill at 617-872-4972 or via email at info@rotaryofNashobaValley.org for more information or with any questions..

PLEASE NOTE NEW DATE!!

November Newsletter - Deadline to submit: Monday, October 9th by 3 pm

This newsletter is made possible in conjunction with the COA staff, volunteers, Advertisers, and a grant from the Mass. EOEA.



Walks in the District

It cannot be overstated how beautiful our area of the state is, especially at this time of year. Indeed, the leafy orchards, tree-filled hills, running rivers, and gorgeous vistas can be spectacular.

Fortunately, we also have many recreational options for enjoying the outdoors, including several well-maintained and senior-friendly walks.

I heard from Stow's Conservation Director Kathy Sferra, who recommends any of these walks for seniors:

Track Road – a scenic, flat walk along the Assabet River in Stow. Park at either the southwest end of Track Road along the edge of Sudbury Road by the Sudbury Road Bridge or at the northeast end of Track Road in the US Fish and Wildlife Service's parking lot at the end of White Pond Road. Track Road is approx. 1.9 miles long, making an end-to-end round trip nearly 4 miles.

Captain Sargent Garden Loop – Tuttle Lane between Red Acre and South Acton – This is a relatively level dirt, gravel and grassed parkway, about .5 mile, around the annual and perennial community gardens at the Town's Captain Sargent Conservation Area.

Town Forest Red Trail – The Red Trail at Town Forest begins downhill from the parking lot at the bridge. Bear right at the bridge and follow the .5 mile long Red Trail, which runs parallel to the Assabet River.

Delaney Wildlife Management Area – A wide gravel trail provides easy walking across the top of a flood control berm, offering views of Delaney Pond and open fields. It is approx. .3 miles from the parking lot to the end of the berm, making a round trip a bit more than half a mile. A network of more rustic trails extends beyond this point into fields and wetlands.

Pinebluffs (Lake Boon Town Beach area) - Located just off Sudbury Road with a small parking area, Pinebluffs features easy walking along the top of the bluffs.

Marble Hill – Located behind the Pompo Community Center and accessed via the parking lot on Great Road. Begin this hike by following the path to the back field and enter the woods at the base of the hill. Although portions of Marble Hill are steep, the yellow trail to the white trail offer the easiest walking.

Assabet River National Wildlife Refuge – Reached from the Visitor Center off Hudson Road in Sudbury, offers 12 miles of trails for visitors. Easiest walking is available parallel to Winterberry Way on a paved, accessible trail that offers views of Puffer Pond or a section of Harry's Way that provides an accessible route from the Visitor Center to one of the old ammunition bunkers.

In addition, the Stow COA offers monthly walks for seniors led by the Conservation Commission. This month, Kathy will be leading a walk at Flagg Hill on October 26. Check with the COA for details.

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkatehogan.com and @RepKateHogan on Facebook and Twitter.

Upcoming Office Hours: October 19, 6-7 pm at the Bolton Public Library

SAVERS CLOTHING DRIVE

Please donate your gently used resalable soft goods (clothing, linens, shoes etc.) to the SFCOA Savers Clothing Drive. This fundraiser benefits the Stow Council on Aging and the Epilepsy Foundation. All soft goods must be bagged and light enough for our volunteers to handle. Bags can be dropped off at the Pompo Community Center (please call 978-897-1880 before dropping off for specific directions) Monday through Friday (excluding holidays) between 8 and 3. We do this all year long. Deadline for the next pickup is October 18th.

ADVERTISE IN THE STOW SENIOR SCOOP

Do you have a business that offers a service our senior residents would be interested in? Easy and affordable way to reach that audience. Consider placing your ad in this newsletter. Our annual ad campaign begins July 1. Email stowfriendsCOA@gmail.com for more information.

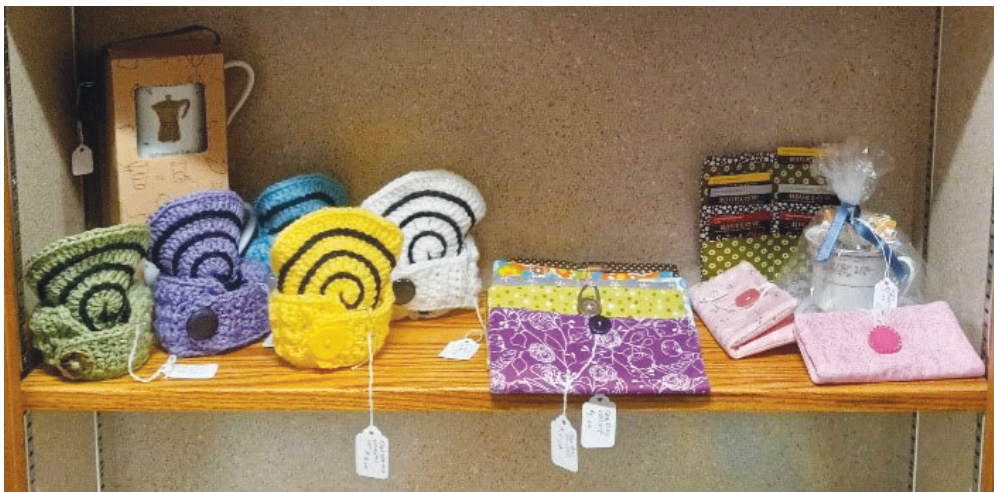
DON'T STAY INSIDE, BECOME A VOLUNTEER!!

The SFCOA is looking for volunteers:

- 2nd Chance Holiday Decoration Sale:
 - Set Up Friday Dec. 1st 12:30 pm - 4 pm
 - Saturday Dec. 2nd 9-1 pm or 1-4 pm
- manage our social media presence including Facebook & Instagram accounts.
- develop a capital campaign letter for seeking donations.

SAVE THE DATE! UPCOMING SFCOA FUNDRAISER EVENT!

- **2ND CHANCE HOLIDAY DECORATION SALE – Saturday, December 2nd**



SFCOA CREATORS COLLABORATIVE. Come. Collaborate. Create.

The SFCOA is always looking for new ideas of items to sell in our Gift Shop. The money raised from our Gift Shop sales directly benefits our senior residents. We need volunteers to create handmade items to sell. What do you think will sell? Even if you can't make it, others in the group or community may be able to turn your idea into a reality! Bring your energy to our Thursday morning (10:00 am) CREATORS COLLABORATIVE group.

GIFT SHOP

Open Mon. – Fri. 8 am – 3:30 pm
 Located at Pompo Community Center
 509 Great Road

New boxed Avon jewelry as well as costume jewelry. Some Stow items are also for sale. New and different items continue to be added as created or when items are donated. Be sure to check out the SFCOA website for updated photos of the Gift Shop. COMING SOON: new women's hand knitted sweaters in a variety of colors, patterns, and sizes at affordable prices.

DONATIONS RECEIVED

- **In Memory of Eileen McDonnell:** Jim & Betty Sauta, Nancy Bernard, Jane Johnson, Louis Orsatti
- **In Memory of Ann Marie Martucci:** Jim & Betty Sauta
- **In Memory of Ed Osgood:** Jim & Betty Sauta
- **In Memory of Joanne Petito:** Janet Carr, Nancy Bernard
- **In Memory of Elaine Algeo:** Ronald & Patricia Osimo, Vince & Marissa Asuncion, Julian & Priscilla Esplana, Ellen Costello, Connie & Roel Capunitan
- **In Memory of Steve Landry:** Eileen Murphy
- **In Memory of Doris Bongiardina:** Joseph Bongiardina
- **In Memory of Stephen Rubenstein:** Nancy Maldari
- **Transportation:** Nancy & Dick O'Brien
- **General:** Priscilla Foss, Bob and Dee Glorioso, Ann Deluty, Peter Ottowitz

THANK YOU ALL FOR YOUR CONTINUED SUPPORT!

SFCOA MEETINGS

You are invited to attend our meetings held at the Pompo from 10 to 11:30 on the first Tuesday of every month. Meet current executive board members and share your ideas. We need your energy to support the COA! Interested but cannot attend? Email StowFriendsCOA@gmail.com

SFCOA EXECUTIVE MEMBERS

Rita DiStefano-French, President
president@stowfriendsofthecoa.org

Angelo Sallese, Vice President
vicepresident@stowfriendsofthecoa.org

Robert Gardner, Treasurer
treasurer@stowfriendsofthecoa.org

Robin Ulichney, Clerk
clerk@stowfriendsofthecoa.org



We are a 501 (c) (3) all volunteer public charity.
 PO Box 97, Stow, MA 01775

Website: <https://stowfriendsofthecoa.org>

Facebook: Stow Friends of the Council on Aging

Email: StowFriendsCOA@gmail.com

STOW FRIENDS OF THE COUNCIL ON AGING

Would you like to support the Stow Council on Aging? Now is your chance.

NAME: _____ DATE: _____

ADDRESS: _____

☐ \$10 ☐ \$20 ☐ \$25 Other Amount: _____

☐ General ☐ In Memory Of _____ ☐ Other

PLEASE MAKE CHECKS PAYABLE TO: SFCOA
MAIL TO: P.O. BOX 97, STOW, MA 01775
THANK YOU FOR YOUR SUPPORT